The YMCAs of Québec

YMCAs of Québec Foundation

MORE THAN A GYM + A CAUSE

2018 COMMUNITY REPORT

MORE THAN A GYM + A CAUSE

YOU GIVE THEM

MORE THAN CARDIO
A HEALTHY AND ACTIVE LIFESTYLE FOR EVERYONE

MORE THAN A LANGUAGE SCHOOL
A WINDOW TO THE WORLD

MORE THAN AQUAFIT
AN OPPORTUNITY TO MAKE FRIENDS

MORE THAN FINANCIAL ASSISTANCE
A SPRINGBOARD FOR LIFE

MORE THAN A CANOE
A PASSPORT TO LEADERSHIP

MORE THAN BASKETBALL
THE JOY OF MOVEMENT

MORE THAN TUTORING
A STEP TOWARDS SUCCESS

MORE THAN A TEENZONE
A SECOND HOME

MORE THAN BRICKS AND MORTAR
A PLACE OF BELONGING

Your support means so much! We hope that you feel it. You play a part in the lives of so many Québec families and communities. A part in the lives of **Enrico**, **Clara** and **Elijah**.

Everyone's path is different. It is thanks to your generosity that we are able to meet the unique needs of each person. Every day, at the time when they need it the most, and throughout their journey.

By supporting the YMCA, you positively transform the lives of individuals, families and neighbourhoods. Thanks to you, we can offer a wide range of activities and services that improve the quality of life of more than 120,000 Quebecers each year.

We are proud to support them, at every stage of their lives. From the moment they step through our doors, we are there for them, thanks to you.

More than a donor, a volunteer, an employee or a partner, you are a member of the YMCA family. THANK YOU for your help and your compassion!

With all of our gratitude,

Gregory Chrispin, President, *YMCAs of Québec Foundation*
Waguih Rabbat, Chair of the Board of Directors, *The YMCAs of Québec*
Stéphane Vaillancourt, President and CEO, *The YMCAs of Québec*

Enrico is a survivor. At the age of 23, he suffered a traumatic brain injury following a motorcycle accident that left him in a coma for two weeks. Enrico miraculously survived, but two years of rehabilitation were needed to relearn how to walk, talk, and function. His story seems hard to believe when you meet Enrico, who is now a CEGEP teacher, a doctoral student and trainer, as well as a seasoned triathlete.

Enrico's recovery can be credited to his incredible medical team. And also to the Y, where he began exercising again and where he found a family to support him during critical moments in his life. This led him to develop an exercise program for people who, like him, have suffered head trauma. His goal: to help them become active members of their community again.

MORE THAN PHYSICAL ACTIVITY

A HEALTHY AND ACTIVE LIFESTYLE FOR EVERYONE

"TODAY, I WANT TO GIVE BACK BY OFFERING ALL THE HAPPINESS THAT I EXPERIENCED AT THE Y."

Enrico

Thanks to you, thousands of individuals participate in the YMCA's various physical activities and feel better in their bodies, minds and hearts - no matter their age, no matter their motivation! Like Enrico, they feel welcome, build positive relationships and develop a strong sense of belonging to their Y.

MORE THAN AN INCLUSION PROGRAM

A SPRINGBOARD FOR LIFE

"THE MORE TIME CLARA SPENDS IN A PLACE THAT CELEBRATES HER DIFFERENCE, LIKE THE Y, THE MORE SHE WILL ACCEPT IT."

Marie-Justine and François, parents of 9-year-old **Clara**

Clara is a ray of sunshine. A playful, lively little girl. A little girl with an invisible handicap: dyspraxia combined with ADHD.

Clara and her family endured many challenging summers in various day camps. Every day was a battle. Clara didn't like any of them - either she didn't make friends or she wasn't properly supported. Her parents always ended up withdrawing her.

Everything changed when they found a YMCA Day Camp. Clara was paired with a dedicated companion who met her different needs and ensured that she participated in the group's regular activities. It was a great comfort.

Her companion helped Clara gain self-confidence, push her boundaries and create bonds, in a safe environment. "It was a relief to see our daughter enjoying her summer. Finally!"

The news reminds us every day that many children and adults suffer from exclusion. By supporting us, you make YMCA programs accessible to as many people as possible. You make a huge difference that directly impacts children as well as the quality of life of entire families like Clara's.

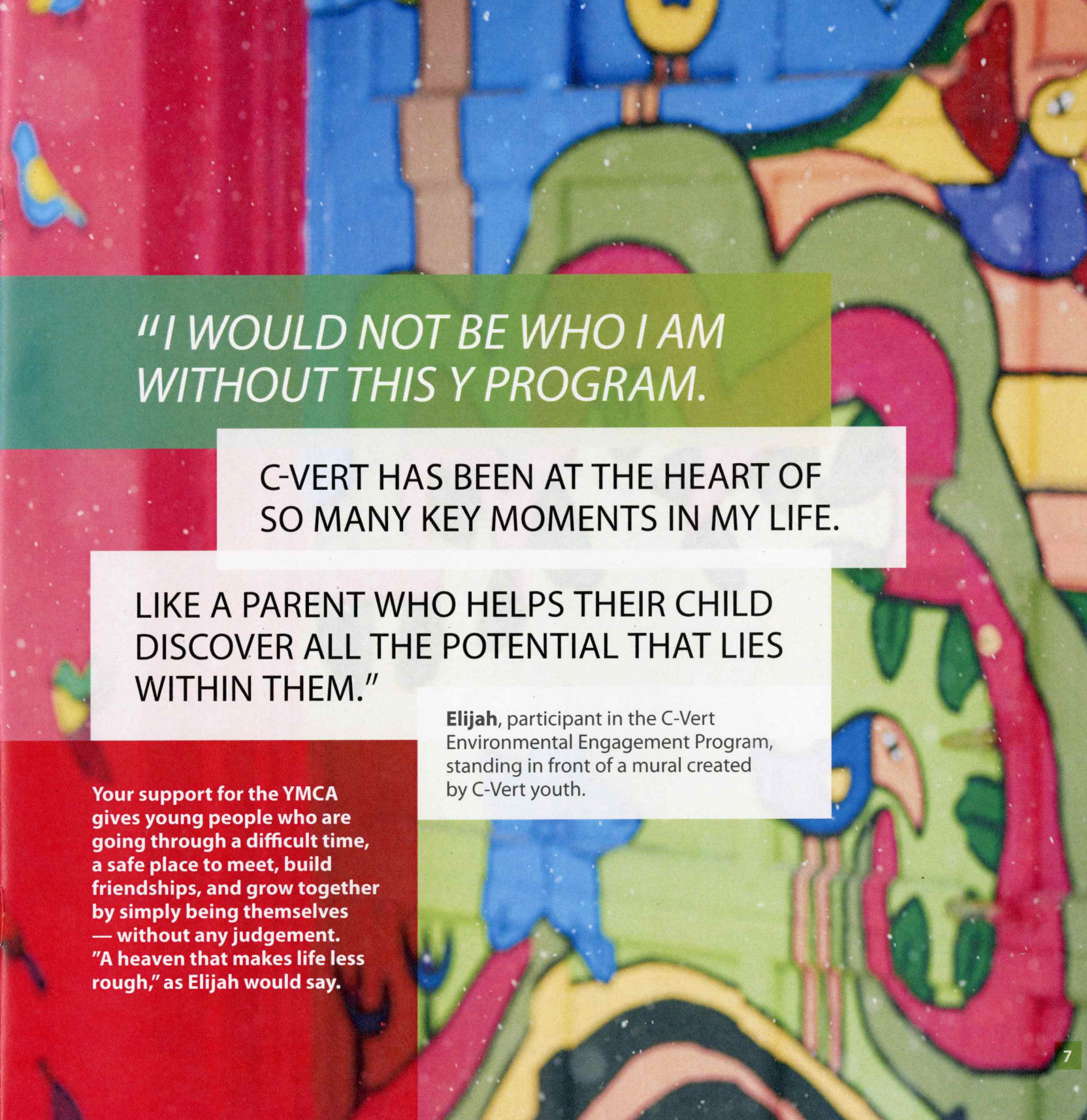
MORE THAN A YOUTH PROGRAM
A SECOND FAMILY

"I know what it feels like to be alone. At school, I was bullied and discriminated against. I was ignored because I was shy. My mother was in a difficult financial situation and I had lost my uncle, who was like my father.

They say there are two things you need to survive high school: friends and adults who support you, no matter what. I found both at C-Vert. The program gave me everything I was looking for.

A place where I could start over again and make real friends, away from all the drama at school. A place where I learned so much with people who really cared. A place where I could simply be myself.

I always knew that I wanted to make a difference, but I didn't know how. Today, I want to use the media as a tool to educate young people about socio-environmental issues."



"I WOULD NOT BE WHO I AM WITHOUT THIS Y PROGRAM.

C-VERT HAS BEEN AT THE HEART OF SO MANY KEY MOMENTS IN MY LIFE.

LIKE A PARENT WHO HELPS THEIR CHILD DISCOVER ALL THE POTENTIAL THAT LIES WITHIN THEM."

Elijah, participant in the C-Vert Environmental Engagement Program, standing in front of a mural created by C-Vert youth.

Your support for the YMCA gives young people who are going through a difficult time, a safe place to meet, build friendships, and grow together by simply being themselves — without any judgement. "A heaven that makes life less rough," as Elijah would say.

MORE THAN A FOUNDATION + A DREAM CATCHER

At the YMCAs of Québec Foundation, we are here to help you achieve your dreams by connecting your interests to the needs of the community and by advancing our shared vision for our world!

You may have always dreamed of reducing school dropout rates, getting teens off the street, helping families in need, or improving people's health and quality of life. By choosing to support the YMCA, you are changing the lives of people, families and communities.

Thank you for supporting us - and them - through all of your energy, commitment and heart. Together, we are building stronger, more harmonious communities. Communities where everyone is free to be themselves and reach their full potential. You are offering each and every person a springboard for an active, healthy, engaged and fulfilling life.

This year, we raised a record

$2.4 M

Through the generosity of more than 2,500 donors.

On behalf of the YMCA, we are forever grateful for your impact on all of these children, youth and families in Québec.

OUR CHILDREN AND TEENS SAY **THANK YOU!**

The YMCA Challenge – a successful first edition!

It was a joyous, fun-filled time at the YMCA Challenge, which took place on Saturday, May 5, 2018! A heartfelt thank you to the 1,200 participants who helped us promote an active lifestyle for all by running and walking during this wonderful family event.

Thank you to our partners and sponsors: *BMO, Céragrès, Cogeco, Enterprise, KPMG, Manulife, Naya, Newad, Oasis and Parc Jean-Drapeau.*

450,000 THANK YOU's for your support at the YMCA Peace Medals presented by Desjardins!

"There is a ten-year difference in the life expectancy of residents in Hochelaga-Maisonneuve and those in Dorval. I do not accept that a child's postal code has more influence on their future than their genetic code. The Y acts on this: it welcomes children from all walks of life and builds bridges between them."

Sophie Brochu,
President and CEO, Énergir, and Honorary 2018 Laureate

$1M to support the success of young people! Thank you, Desjardins.

"The YMCA's dynamism and values make it a unique partner, a partner that furthers our commitment to support the development of youth from all walks of life."

Guy Cormier, *President and Chief Executive Officer of Desjardins Group*

On behalf of the thousands of young people who will benefit from this contribution, we thank Desjardins for building stronger communities and supporting youth success with the YMCA.

Your support represents an investment in our TeenZones, more importantly an investment in the lives of our young participants: Abdullah, Alamine, Ali, Daniel, Erik, Evans, Jade, Jean-Marie, Methula, Nathanial, Radhika, Shannon, Socrates, and many others. Thank you also to all the laureates for inspiring us.

Thank you to our Presenter, Desjardins*, our Ambassador for peace, BMO Financial Group and our sponsors: Bell Canada, Cogir Real Estate, Deloitte, Énergir, Manulife, CIBC Capital Markets, McCarthy Tétrault and Rogers Communications.*

IMPACT

In 2018, thanks to the commitment and vision of our 500 partners, 1,100 volunteers, 1,600 employees and 2,500 donors

120,000
people participated in our activities and services, including 40,000 kids and youth who achieved success and found their way

3,600
students stayed in school

7,300
asylum seekers stayed at the YMCA Residence and found the support they needed to start a new life

70,000
people improved their health and quality of life through exercise

2,100
campers were physically active and made friends at day camp

5,600
children learned how to swim

950
youth had a transformative experience in nature at Camp YMCA Kanawana

Our partners keep us connected to the needs of the community

10+ school boards

15+ institutions of higher education

15+ municipalities

90+ schools

35+ government departments and public/parapublic institutions at the municipal, provincial and federal levels

10+ hospitals and healthcare centres

230+ community organizations

50+ special interest groups

1,500 people who were homeless or at risk of being homeless got help to turn their lives around or were referred to the appropriate resources

2,200 young people thrived in our TeenZones

7,000 seniors stayed active and connected to their community

6,800 people broadened their horizons by learning a new language

Thank you!
All this would not have been possible without **YOU**.

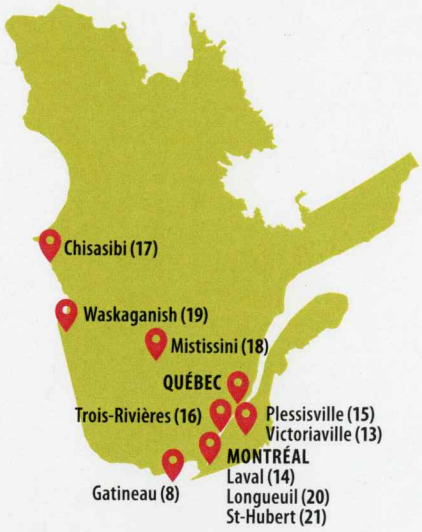
10	COMMUNITY AND SPORTS CENTRES
35	POINTS OF SERVICE
9	DAY CAMPS
7	DAYCARES AND NURSERY SCHOOLS
8	TEENZONES
1	THREE-SEASON CAMP IN SAINT-SAUVEUR
1	INTERNATIONAL LANGUAGE SCHOOL
1	RESIDENCE FOR VULNERABLE POPULATIONS

FINANCIAL ASSISTANCE FROM THE YMCA

7,534 **participants** who could not otherwise afford our activities and services saw their lives change thanks to financial assistance from the YMCA totalling

$1.27 M

The YMCA in Québec



YMCA centres

Cartierville YMCA
Downtown YMCA
Du Parc YMCA
Guy-Favreau YMCA
Hochelaga-Maisonneuve YMCA
Notre-Dame-de-Grâce YMCA
Pointe-Saint-Charles YMCA
Saint-Laurent YMCA
Saint-Roch YMCA (2020)
West Island YMCA
Westmount YMCA

AND ALSO...
Camp YMCA Kanawana (Saint-Sauveur)
YMCA International Language School
YMCA Residence

YMCA POINTS OF SERVICES

CHILDREN AND YOUTH

Day Camps
- Centre récréatif Saint-Roch (A)
- Collège de Montréal (Ville-Marie) (1)
- Complexe Gadbois (Le Sud-Ouest) (2)
- Westpark Elementary School (Dollard-des-Ormeaux)

Early Learning and Care
- Du Parc YMCA Daycare (Plateau-Mont-Royal) (3)
- Du Parc YMCA-Ubisoft Daycare (Plateau-Mont-Royal) (3)

16-24 Zone
- 16-24 Zone South Shore (Saint-Lambert) (4)
- 16-24 Zone Saint-Leonard

TeenZones
- Beurling Academy (Verdun)
- Westmount Recreation Centre (5)

Greatevr Montréal

CARTIERVILLE
SAINT-LAURENT
CAMP KANAWANA
Saint-Sauveur-des-Monts Laurentides
Highway 40
Côte-Sainte-Catherine Road
Outremont
Saint-Viateur Street
DU PARC
Rosemont Blvd.
Laurier Avenue
Papineau Avenue
Pie-IX Blvd.
Mile End
Mount Royal Cemetery
Parc Avenue
Saint-Laurent Blvd.
Plateau Mont-Royal
Mont-Royal Avenue du
Olympic Stadium
Décarie Blvd.
WEST ISLAND
NOTRE-DAME-DE-GRÂCE
Mont-Royal Park
Saint-Denis Street
Rachel Street
La Fontaine Park
Sherbrooke Street
Westmount
WESTMOUNT
HOCHELAGA-MAISONNEUVE
Quartier des spectacles
Village
Ontario Street
Sainte-Catherine Street
DOWNTOWN INTERNATIONAL LANGUAGE SCHOOL
GUY-FAVREAU
Notre-Dame Street
Notre-Dame Street
Saint-Henri
RESIDENCE
Atwater Market
Vieux-Montréal
POINTE-SAINT-CHARLES

COMMUNITY PROGRAMS

C-Vert
- Saint-Roch YMCA Community Office (B)
- Cité des arts du cirque–TOHU✦ (Villeray–Saint-Michel–Parc-Extension) (6)
- Centre Sainte-Cunégonde (Le Sud-Ouest) (7)
- Enviro Éduc-Action✦ (Gatineau) (8)

Éco-quartier
- Centre Sainte-Cunégonde (Le Sud-Ouest) (7)
- Chalet du parc Campbell-Ouest (Le Sud-Ouest)

Social Reintegration Service–Espadrille and YMCA Employment Services–La Boussole
- Montréal Detention Centre (Ahuntsic-Cartierville) (9)

Service for Supervised Access Rights
- Centre Desjardins (Mercier–Hochelaga-Maisonneuve) (10)

Compensatory Work/Projet Vélo-Parc
- Saint-Roch YMCA Community Office (B)

YMCA Homelessness Assistance–First Stop
- Gare d'autocars de Montréal (Ville-Marie) (11)

SCHOOL SUCCESS

L'Entre-Deux Cooperative Café
- École secondaire Antoine-de-Saint-Exupéry (Saint-Léonard)

Pathways to Education
- L'Auberge communautaire du Sud-Ouest (12)

YMCA Alternative Suspension
- Montréal-Nord YMCA Community Office
- Saint-Roch YMCA Community Office (B)

Carrefour Jeunesse-Emploi
- Arthabaska (Victoriaville)✦ (13)
- Laval✦ (14)
- L'Érable (Plessisville)✦ (15)
- Rivière-des-Prairies
- Trois-Rivières / MRC des Chenaux✦ (16)
- The Don Bosco Youth Leadership Centre (Rivière-des-Prairies)
- Corporation Mainbourg (Pointe-aux-Trembles)

Cree Regional Authority Justice and Correctional Services (Cree Nation Government)✦
- Chisasibi (17)
- Mistissini (18)
- Waskaganish (19)

La Maison de Jonathan✦
- Longueuil (20)
- Saint-Hubert (21)

Maison des jeunes
- Le Zénith (Saint-Léonard)
- L'Antidote (Duberger-Les Saules)
- Dawson Boys and Girls Club (Verdun)

LEGEND

YMCA Centre: Where the YMCA provides a full range of sports and community programs and services.

YMCA Point of Service: Where the YMCA offers youth, community and school success programs.

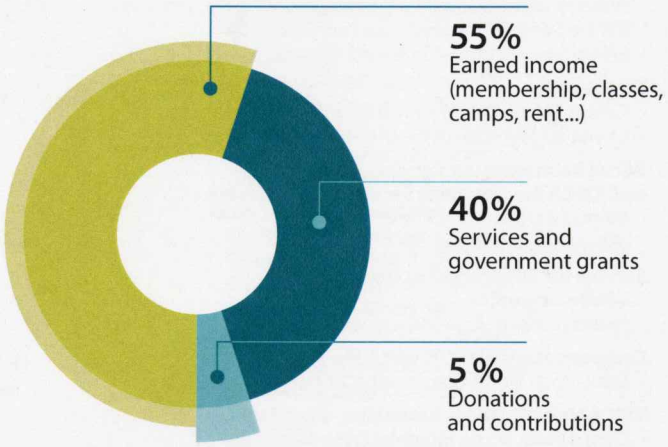
✦ *Delegated organization*

Statement of operations

For the year ended December 31, 2018

	2018	2017
	$	$
REVENUE		
Program activities	29,848,563	29,265,170
Fees for services and government grants	21,207,749	19,873,421
Rent	1,602,418	1,635,732
Grants for installations	1,915,939	1,774,401
Grants for installations - interest	193,299	240,905
Donations from the YMCAs of Québec Foundation	1,185,891	1,035,251
Centraide of Greater Montreal	1,786,248	1,618,852
Investment income	167,478	98,884
	57,907,585	55,542,616
EXPENSES		
Salaries and social benefits	33,676,984	30,423,265
Occupancy	9,992,499	8,942,823
Programs and administration	10,458,642	9,091,338
	54,128,125	48,457,426
EXCESS OF REVENUE OVER EXPENSES BEFORE THE FOLLOWING ITEMS	**3,779,460**	7,085,190
Net amortization	1,774,492	1,898,867
Interest and financing costs	297,661	226,530
Write-off of the advance receivable from the YMCAs of Québec Foundation	–	1,118,727
	2,072,153	3,244,124
EXCESS OF REVENUE OVER EXPENSES	**1,707,307**	3,841,066

2018 Revenue



Statement of financial position

As at December 31, 2018

	2018	2017
	$	$
Current assets	15,294,861	15,461,978
Long-term investments	1,519,905	1,541,811
Long-term receivables	2,962,794	4,310,752
Capital assets	34,394,881	34,584,901
TOTAL ASSETS	**54,172,441**	55,899,442
Current liabilities	10,490,019	10,656,303
Long-term debt and other liabilities	6,312,053	8,166,757
Deferred contributions related to capital assets	17,403,402	18,816,722
TOTAL LIABILITIES	**34,205,474**	37,639,782
NET ASSETS	**19,966,967**	18,259,660
TOTAL LIABILITIES AND NET ASSETS	**54,172,441**	55,899,442

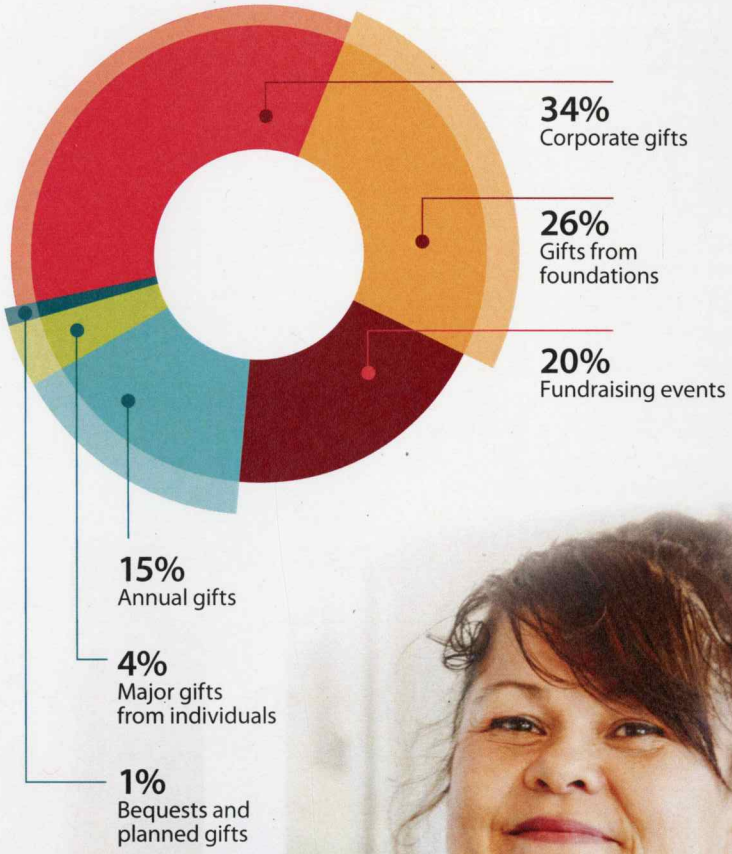
The financial statements audited by Deloitte LLP are available at ymcaquebec.org

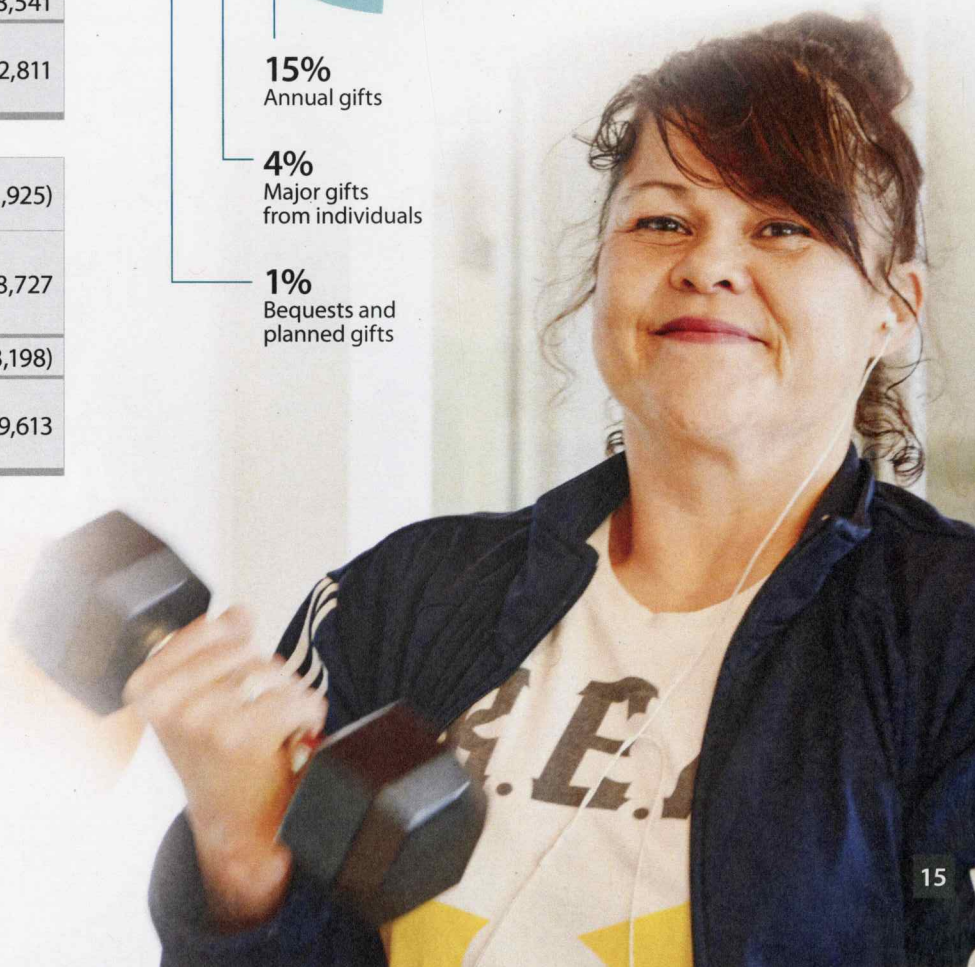
Statement of operations

For the year ended December 31, 2018

	2018	2017
	$	$
REVENUE		
Donations and contributions	2,357,267	1,757,321
Investment income	122,468	294,031
	2,479,735	2,051,352
EXPENSES		
Operating expenses	199,395	172,219
Expenses inherent to revenue	804,260	796,322
	1,003,655	968,541
EXCESS OF REVENUE OVER EXPENSES BEFORE CONTRIBUTIONS	**1,476,080**	1,082,811
Contribution to the YMCAs of Québec	(1,606,973)	(1,391,925)
Gain on write-off of the advance from the YMCAs of Québec	–	1,118,727
	(1,606,973)	(273,198)
(DEFICIENCY) EXCESS OF REVENUE OVER EXPENSES	**(130,893)**	809,613

Sources of donations





The financial statements audited by Deloitte LLP will be available in June 2019 at ymcaquebec.org

A SPECIAL THANKS TO OUR VOLUNTEERS

THE YMCAs OF QUÉBEC

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Michael Novak (2012)

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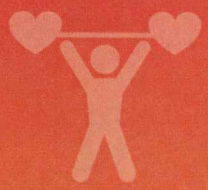
MORE THAN VOLUNTEERS AND DONORS



PEOPLE WHO CARE

2018 PEACE MEDALS ORGANIZING COMMITTEE

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- The Birks Family Foundation
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- Caisse Desjardins de Bois-Franc-Bordeaux-Cartierville
- Claudine and Stephen Bronfman Family Foundation
- CN
- Cogeco
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- Fondation Québec Philanthrope
- Foundation of Greater Montreal
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- The Goldberg Family
- Industrial Alliance
- The Knowlton Family
- La Capitale
- Manulife
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- RONA inc.
- The Sam Sorbara Charitable Foundation
- Sanimax
- SSQ Insurance
- Stéphane Vaillancourt
- Westmount Club de Natation des jeunes
- The William and Nancy Turner Foundation
- Three donors who wish to remain anonymous

MORE THAN A WELCOMING PLACE + AN INCUBATOR OF POTENTIAL

A caring presence makes all the difference in a young person's life. It is what every young person needs to discover his or her strengths and move forward towards a better future.

My name is Pablo.

I'm 12 years old. This is my story.

Then I started coming to the YMCA.

I started going to the TeenZone.

You were there for me. You believed in me and in my abilities.

Today, I feel better.

I don't feel so alone.

It's also going better at school. I got advice on how to better organize my work and my time.

I do all my activities at the Y.

It's like my second home.

Relationships are at the heart of what children need to learn, grow and thrive. The evidence is unequivocal: successful children have often benefitted from at least one stable and engaged relationship with a caring adult — be it a mentor, a youth worker, a teacher or a volunteer.

I live with my mother and my little sister. My father is not here. My brother lives elsewhere.

My mother works two jobs and often can't be at home.

I feel different from the other students. They do not seem to get distracted as easily as I do.

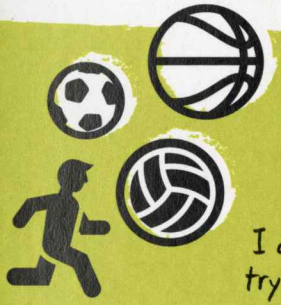
I am not succeeding as well as I'd like.

The other students make fun of me.

With all these challenges, Pablo could have cut himself off completely and given up all his dreams.

Before, when I was home, I had nothing to do.

I was bored.



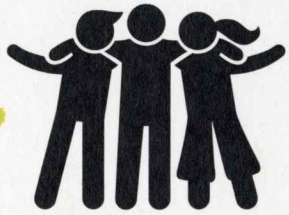
I do a lot of sports. And I also do my homework with a tutor.

I am enjoying trying new things.

Leonardo, my youth worker, is like a big brother to me.

When I'm older, I hope to do the same thing – I would like to help a young person who is facing the same issues as me.

My mother is happy because she knows that I am safe and that I am feeling good.



THANK YOU!

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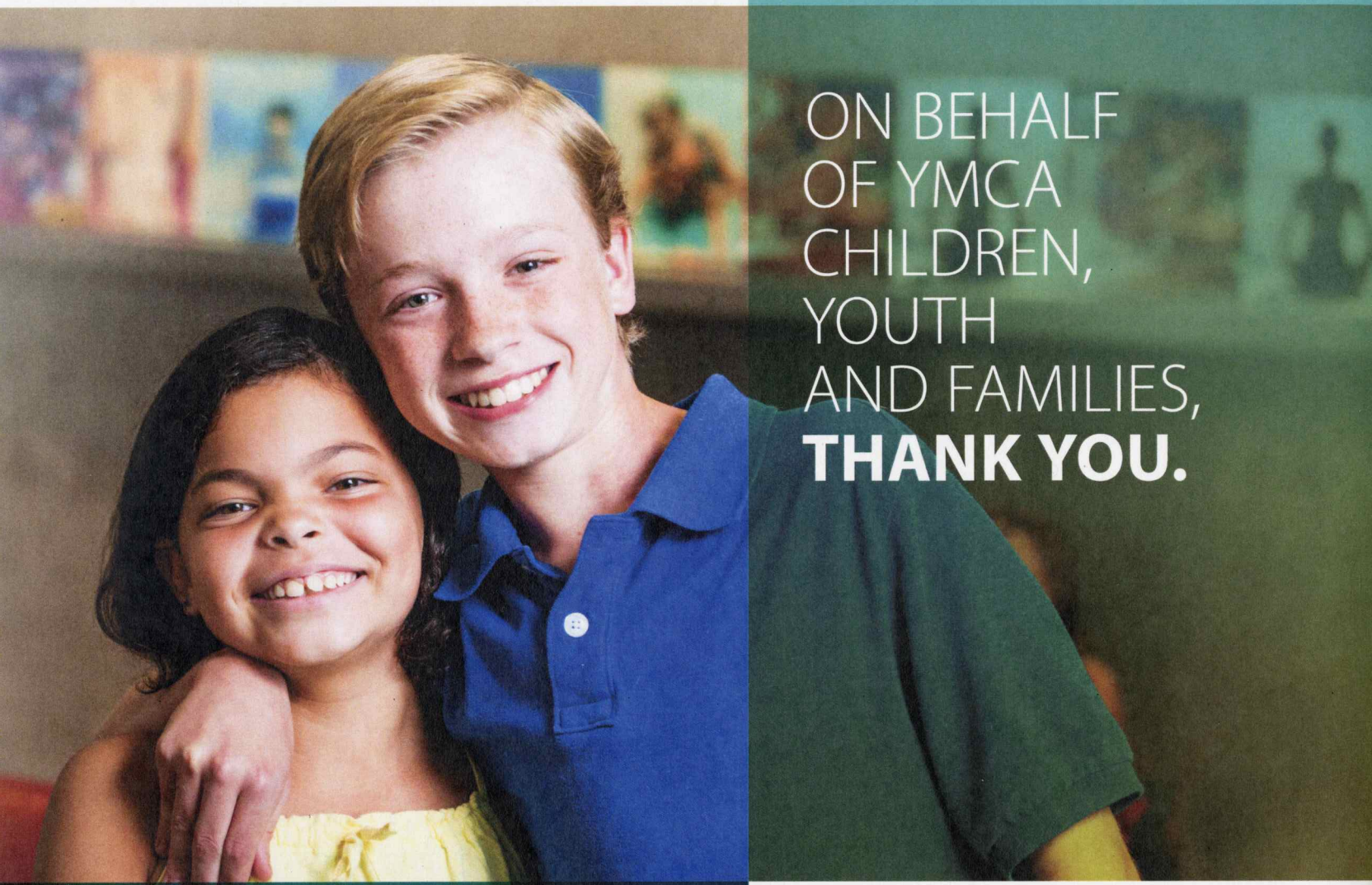
You are creating the favourable conditions necessary for Pablo and thousands of other young people to reach their full potential.



ON BEHALF OF YMCA CHILDREN, YOUTH AND FAMILIES, **THANK YOU.**

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